



# Army Substance Abuse Program



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**For more information, please visit:  
<http://www.garrison.hawaii.army.mil/sites/services/asap-sections.asp>**



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## Alcohol and You





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## Facts about Alcohol

- **In the U.S., one in every 13 adults get into serious trouble due to their drinking**
- **700,000 Americans receive treatment for alcoholism on any given day**
- **Alcohol-related problems cost society 185 billion dollars annually**
- **Alcohol and medication interactions maybe a factor in 25% of emergency room admissions**





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## **Facts about Alcohol**

- **Nearly one half of all highway fatalities involve either a driver or a pedestrian who has been drinking (Nationwide)**
- **One in 17 cars on the road are DWI, Nationwide**
- **One third of drunk drivers are repeat offenders**
- **The mixing of alcohol and prescribed medications or illegal drugs can lead to death**
- **It is illegal to buy, possess or consume alcohol if you are under the age of 21**



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## A Standard Drink

- **One 12 ounce bottle of beer**
- **One 4 ounce glass of wine**
- **One 1.5 ounce of distilled spirits**

**All of the above contain the same amount of alcohol**





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## Assess your Drinking

**The Audit (Alcohol Use Disorders Identification Test) was developed by the World Health Organization.**

**Answer the following questions about your use of alcoholic beverages (beer, wine, vodka, etc.) as it relates to the past 12 months.**

**Score your answers on a piece of paper using the bold numbers in front of each answer.**



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**It is important to remember:**

**that when taking this questionnaire, the scale only suggests that you may want to consider seeking assistance and is not based on fact, merely suggesting that a lifestyle change may need to occur.**

**NOTE: This in no way replaces the need for medical or psychological**

**U.S. ARMY GARRISON,**



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**1.** How often do you have drink containing alcohol?

**0** - Never    **1** - Monthly    **2** - 2-4 Times a month

**3** - 2-3 times a week    **4** - 4 or more times a week





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2. How many drinks containing alcohol do you have in typical day when you are drinking?

**0** - 1-2

**1** - 3-4

**2** - 5-6

**3** - 7-9

**4** - 10 or more



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3. How often do you have six or more drinks on one occasion?

**0** - Never   **1** - Less than Monthly   **2** - Monthly  
**3** - Weekly   **4** - Daily or almost daily



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4. How often during the last year have you found that you were not able to stop drinking once you started?

**0** - Never    **1** - Less than Monthly    **2** - Monthly  
**3** - Weekly    **4** - Daily or almost daily



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5. How often during the past year have you failed to do what was normally expected from you because of drinking?

**0** - Never    **1** - Less than Monthly    **2** - Monthly  
**3** - Weekly    **4** - Daily or almost daily



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6. How often during the last year have you needed a first drink in the morning to get yourself going after a heavy drinking session?
- 0** - Never    **1** - Less than Monthly    **2** - Monthly  
**3** - Weekly    **4** - Daily or almost daily



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7. How often during the last year have you had a feeling of guilt or remorse after drinking?

**0** - Never    **1** - Less than Monthly    **2** - Monthly  
**3** - Weekly    **4** - Daily or almost daily



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8. How often during the last year have you been unable to remember what happened the night before because you had been drinking?
- 0** - Never   **1** - Less than Monthly   **2** - Monthly  
**3** - Weekly   **4** - Daily or almost daily



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9. Have you or any one else been injured as a result of your drinking?

**0** - Never    **1** - Less than Monthly    **2** - Monthly  
**3** - Weekly    **4** - Daily or almost daily





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**10.** Has a relative, friend, doctor or health worker been concerned about your drinking or suggested you cut down ?

**0** - Never    **1** - Less than Monthly    **2** - Monthly  
**3** - Weekly    **4** - Daily or almost daily



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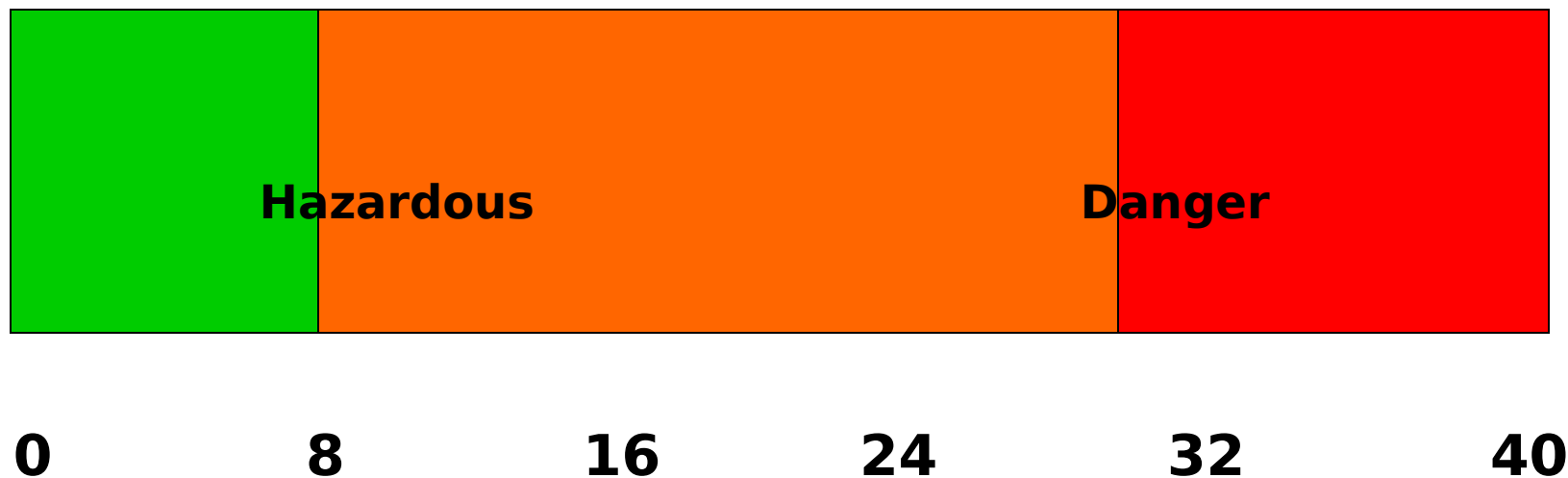


## Scoring the AUDIT

- **The minimum score is 0 and would represent a non-drinker or someone who is now abstinent**
- **A score as low as “8” or more indicates a strong likelihood or “Hazardous/Harmful” alcohol consumption**
- **The maximum possible score is 40. Anyone remotely close to this score should seek professional help as soon as possible**



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**DO YOU OR SOMEONE THAT YOU KNOW NEED  
HELP?**

**If so, call or visit:**

**Army Substance Abuse Program - Clinic**

**Schofield Barracks Medical Clinic**

**Building 673, Glennan Road - 1<sup>st</sup> Floor**

**(downstairs from Physical Exams and Public Health Nursing)**

**808.433.8700**

***U.S. ARMY GARRISON,***